



Town of Braintree

Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

"We are your link between needs and services"

Mayor Joseph C. Sullivan

Mary Cirignano, Chairperson
Jean York, Vice Chairperson
E. Marie Anderson, Secretary
Robert Caruso, Treasurer

Sharmila Biswas, Director
Ann Marie Quinlan, Outreach Coordinator
Sandra Young, Coordinator/Volunteers
Therese Jarrett, Reception/Coordinator
William Murphy, Custodian
Stephen Donovan, Van Driver

PHONE: 781 848-1963 FAX: 781 848-2835

From the Director...Greetings Everyone,

Hope all of you had a wonderful Thanksgiving. Last month we were honored to celebrated Veterans Day here at the center. This is a special time when we have the opportunity to thank the brave individuals who devoted their youth, their energy and their lives, striving to make this country a better place for all of us. It is also our pleasure to have Dick Walsh, the towns Veteran Agent stationed at our Braintree Dept. of Elder Affairs building.

We have many festivities planned for the month of December and we are hoping you can join us. With the joy that comes with the Holiday Season it also brings grief to many of us. There is sadness of losing a loved one; there is the stress with preparation for the Holidays, anxiety with the arrival of the cold season and the list goes on. It is during times like these, please do not think you are alone, call us or come to the Senior Center and join in with our many activities.

On behalf of Ann Marie, Sandy, Terry, Bill, Steve, Nick, Janet, Elsa, Jean and Debbie and our Board Members, I wish you a wonderful Holiday Season.

May peace, hope and good health be with you always.

Sharmila



There is a survey for men in this edition. Our request, please fill it out and send it back to us!

BRAINTREE DEPARTMENT OF ELDER AFFAIRS

HOLIDAY PARTIES - \$3.00/person

Every year we have the same problem with our very popular December Holiday Party - it fills up quickly (the room only holds 85+ people) and we have many disappointed seniors!

So, this year we have come up with an interesting plan that we hope helps..... **2 Holiday Parties:**

Tuesday, December 11th at 1 p.m. with D.J. Russ McQueen

or Wednesday, December 19th at 12:45 p.m. with Rick Walsh on keyboard

We will serve cheese/crackers, pastry, punch & coffee at both parties. (not lunch)



You can only choose one party to attend when you call for reservations. If, for any reason, the one you want is filled we will try to get you into the other. When they are both filled, we will take a wait list and invite you to our first "January Winter Party" before the sign up is open to the public.

So call us, the first Monday in December, and put your name on **one** of our two great Holiday Parties:

781-848-1963 (due to limited space these parties are for Braintree residents only please!)

When you call you can only sign up your name and a guest - not several names.

BLOOD PRESSURE CLINICS (free)



December 11, (Tuesday) at Senior Center 10-11 a.m.
December 28, (Friday) at Senior Center 10:30 a.m.

SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance
by calling: **781-848-1963**

Pick-up time is from: **9:30 to 10:00 a.m.**

Return time is from: **11:30 to 12:00 p.m.**

Dec. 4 & 6, Stop & Shop/Grove Street

Dec. 11 & 13, Shaws/Pearl Street

Dec. 18 & 20, Stop & Shop/Grove Street

Dec. 24 & 27 Shaws/Pearl Street

Dec. 31 & 1/3 Stop & Shop/Grove Street

****Every Friday Library van ride. Pick up 11 am return 12:30 pm**

****December 14 - Special Van Trip to Walmart/Roche Bros. 10 am**

Please call for van reservations for both above trips!

BRAINTREE MEETINGS



Dec. 4, LOW Vision Group Meeting at 10 a.m.
(Tues.) Meeting open to all with low vision problems.

Dec. 18, AARP Chapter #4042 Meeting at 1:00 p.m.
(Tues.) Braintree DAV Hall - 788 Liberty St./Braintree
Holiday Luncheon & Special Entertainment by the
Braintree High School Jazz Band!

*******AARP Volunteers will prepare & serve a noon**
lunch at Father Bill's Place on 12/21/12

Dec. 21, Braintree Elder Affairs Board Meeting 2 p.m.
(Friday) Meeting at Senior Center - Open to public

Dec. 27, COA Associates Annual Meeting at 2 p.m.
(Thurs.) Meeting at Senior Center for members.

Dec. Braintree Alzheimer's Support Meeting
No meeting this month will resume in January

Dec. Wisdom Works Support Group Meeting
No meeting this month will resume in January

A Presentation on "*Hoarding*" at Braintree Senior Center December 11, 2012 at 6 p.m.

A Presentation by Sheila Pransky, Coordinator of Senior Programs at the Norfolk District Attorney's Office, based on "*The Hoarding Handbook*", written by Christiana Bratiotis, Christina Sorrentino Schmalisch, and Gail Steketee.

Christiana was a featured speaker at District Attorney Michael Morrissey's Senior Summit this past spring and brought a clear understanding of this complex problem. The discussion will include how to identify a hoarder, what makes some people become hoarders, and how the hoarder impacts the health and safety of themselves and others in the community. Also covered, how to address the problem if you know someone who may be a hoarder.

A question and answer period will follow the presentation. All are welcome!

(A light supper provided)

Please call: 781-848-1963

For your information.....

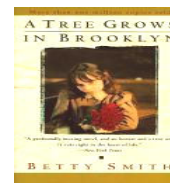
Our Book Club will meet this month on Thursday, December 27th at 11 a.m.
Please come join us!!

This is a great group for those who enjoy reading a variety of interesting books. We order the books from our library so there is no charge for books each month.

Our book for the month of **December** is:

"A Tree Grows in Brooklyn"

By Betty Smith



A Tree Grows in Brooklyn begins on a Saturday afternoon in the summer of 1912 in Williamsburg, Brooklyn. The story follows Francie Nolan, a young girl who grows up from a sickly infant to a capable, intelligent young woman.

Braintree Department of Elder Affairs

"Special" Activities

(Please call 781-848-1963 for more information)

- Dec. 4** **Low Vision Support Group at 10 a.m.**
Holiday Party for all members only.
- Dec. 4,** **SHINE Insurance Help, at 10 a.m.**
Appointments every Tuesday for help on all
Medical insurance problems and information.
- Dec. 4,** **Supper Club at: Jackson Tavern/Wey.**
& 18, **Supper Club at: Maria's/Quincy**
Please call Senior Center for van reservations
to enjoy this early social supper from 3 - 6 p.m.
- Dec. 5,** **HOLIDAY Bingo at Senior Center 1 p.m.**
Bingo & refreshments all for only \$4.00 to play.
Bring a \$2.00 wrapped *holiday* grab for some fun
& wear a holiday *hat* for some prizes!
Please note: 1 bingo this month due to holidays!
- Dec. 10,** **Belles & Beaux Holiday Entertainment**
Music at 1 p.m.—open to everyone.
Cake & Ice Cream social after music!
- Dec. 11,** **2 Holiday Parties with Special Entertainment**
& 19 See newsletter article on these 2 special events.
But, you can only call to sign up for 1 of them!
- Dec. 11,** **D.A.'s Office "Hoarding" Talk at 6 p.m.**
See newsletter article & please call to sign up.
- Dec. 12,** **TRIAD Christmas Party at 10:30 a.m.**
Meeting and Holiday Party for members only.
- Dec. 12,** **Hospice Program at 1 p.m. Week # 3&4**
& 19 **"Coping with Grief During the Holidays"**
You must be pre-registered for these last 2 meetings.
- Dec. 27,** **Senior Monthly Luncheon @ noon \$6.00**
See newsletter article & come pick up a ticket.

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IMPORTANT.....Volunteer Van Drivers needed!

Please help us out if you can! We need van drivers to take seniors (in our vans) to their medical appointments, shopping and to the Senior Center for activities. Can you volunteer a few hours a day (1-2 days a week)? You will have training & be in constant contact with our office when out on the road. **Please call for information: 781-848-1963**

Braintree

Department of Elder Affairs

Senior Luncheon

Thursday, December 27, 2012

Lunch at noon

\$6.00/ticket

Our monthly luncheons have been going well and they have been *delicious*. If you haven't tried one, please come by and pick up a ticket. They are on sale starting December 1st and they sell out quickly so come early!



Menu: Roast beef, potato, green beans
salad/rolls & cheesecake!

BRAINTREE SENIOR CENTER

MOVIE DAY - December 26th

12 noon - \$.50/donation

Movie: Big Miracle (pg)

Come early and bring a bag lunch, enjoy coffee/pastry with free popcorn during the movie (starts at noon)!



Based on the true story of a small town news reporter and a Greenpeace volunteer who are joined by rival world superpowers to save a family of majestic gray whales trapped by rapidly forming ice in the Arctic Circle.

****Please watch for "Men's Movie Day" starting in January! All movies will be of interest to men, but everyone is invited. We will also still have our regular movie day the last Wed. of month!**

FYI.....

Braintree Department of Elder Affairs **Inclement Weather Policy**

If the Braintree Public Schools are cancelled due to snow or weather related problems, all Braintree Department of Elder Affairs Programs, Transportation & Activities **will be cancelled all day at the Senior Center!** Please listen to local radio stations or television stations for Braintree School cancellations!

NO EXCEPTIONS WILL BE MADE - THIS IS FOR YOUR SAFETY!

This policy ensures your safety due to bad weather, unplowed parking lots, icy walkways and bad road conditions. Please **do not call** to ask us to change this policy for your activity. We will make no exceptions! If the schools are closed so are our programs! If you are not sure if the schools or our programs are cancelled, please call us before heading down to the Senior Center.

The Braintree Department of Elder Affairs will remain open for emergency calls and information unless Town Hall Offices have been closed by Mayor Sullivan.

For further information or a storm related emergency, please call the Senior Center at: **781-848-1963**

Stay safe this winter!



Braintree/Weymouth Walk for Fitness
October 17, 2012 at Pond Meadow Park
What a fun day for everyone - thank you!

From the desk of Mary Cirignano, Chairperson.....

The Board Members wish all of you a very Merry Christmas & a Healthy 2013 New Year!

What do you want for Christmas:

While working as a mall Santa, he had many children ask for electric trains. "If you get a train," I would tell each one, "You know your dad is going to want to play with it too. Is that okay?" The usual answer was a quick yes, but after I asked one boy this question, he became very quiet. Trying to move the conversation along, I asked what else he would like Santa to bring him. He promptly replied, "another train."

This story touched my heart and I want to share it with you:

It was the day after Christmas at a church in San Francisco. Pastor Mike was looking at the nativity scene outside when he noticed the baby Jesus was missing from the figures. Immediately, Pastor Mike turned towards the church to call the police. But as he was about to do so, he saw little Jimmy, with a red wagon, and in the wagon was the figure of the little infant, Jesus. Pastor Mike walked up to Jimmy and said, "Well, Jimmy, where did you get the little infant?" Jimmy replied, "I got him from the church." "And why did you take him?" With a sheepish smile, Jimmy said, "Well, about a week before Christmas I prayed to little Lord Jesus. I told him if he would bring me a red wagon for Christmas, I would give him a ride around the block in it."

Saying a Prayer for the Christmas Meal:

Lee, A seven-year-old boy, was asked to say thanks for the Christmas dinner. The family members bowed their heads in expectation. Lee began his prayer, thanking God for his Mommy, Daddy, brothers, sister, Grandma, and all his aunts and uncles. Then he began to thank God for the food. He gave thanks for the turkey, the stuffing, the Christmas pudding, even the cranberry sauce. Then Lee paused, and everyone waited ... and waited. After a long silence, the young fellow looked up at his mother and asked, "If I thank God for the Brussels sprouts, won't he know that I'm lying?"

New Year Lecture with A Difference:

On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car lot and walked home. As he was wobbling along, he was stopped by a policeman. "What are you doing out here at four o'clock in the morning?" asked the police officer. "I'm on my way to a lecture," answered Roger. "And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?" enquired the constable sarcastically. "My wife," slurred Daniel grimly.

Senior "New Year's Gala"

Celebrate ending 2012 & welcoming 2013!!!
Share memories with family & friends
Singles and Couples----All are welcome!

Date: December 31, 2012

Time: 12 - 4 p.m.

Where: Braintree Town Hall

Cost: \$35.00 per person

Menu: Stuffed Chicken or
Sirloin of Beef



DJ Cubey—Entertainer

Dinner...Dancing...Champagne Toast...

Favors...Surprises...Cash Bar

Tables of 8-10 can be reserved!

For tickets call:

Mary Cirignano 781-848-2210

Marta Goggins 781-848-4768

Senior Center 781-848-1963


When you visit the Braintree Senior Center we all strive to make it an enjoyable visit!




Our Director & Staff plan wonderful events & activities for you to attend. Our Outreach Staff are always available to assist you. Our Van Drivers take you to your many medical appointments, shopping & activities. Our pleasant Receptionists greet you and assist you daily. Our Custodian keeps our building clean & safe for you and sets up for your many activities. When you attend an activity the coffee & pastry is available to enjoy from 9-2 p.m. As you can see, we do our part to make each day a pleasant one here at The Braintree Senior Center.

Now, how can **you** help to make each activity enjoyable for everyone? **Please.....**

- If you can not attend an event **please** call to cancel your spot (we always have a long waiting list!!)
- If you can not make your medical appointment, please call to cancel your van ride (saves gas & time for drivers & opens the time slot for others)
- Clean up after your activity by discarding cups, plates, tissues etc. (saves germs being spread)
- Do not come to Senior Center if you are **SICK!** (Please not bring your **sick** children or grandchildren to watch you teach or attend an activity)
- Please remember to put a donation in our coffee jar. (coffee & pastry are getting very expensive & we don't want to have to discontinue this service).
- Donate a store purchased pastry if you can help us. (unfortunately we can not use home baked goods)
- Encourage your friends to attend an activity.
- Be pleasant & welcoming to any new seniors.

We hope you will continue to attend & enjoy the many wonderful activities & events we & look forward to your visits!
Happy Holidays to all!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Trivia & Coffee		4 Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Low Vision Group 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 3:00 Supper Club: Jackson Sq. Tavern/Qu		5 9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group 12:00 Pool Players 12:00 Poker 1:00 HOLIDAY BINGO Come have some fun! Bring a \$2.00 "wrapped holiday gift" & wear a holiday hat for prizes!		6 Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist		7 9:15 Exercise 10:00 Weight Loss Support 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker ***Happy Hanukkah which begins on 12/8/12 at sundown! 	
10 10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Belles & Beaux Musical Entertainment (Cake provided by Royal Rehab Nursing Home)		11 Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 10:00 SHINE Ins. help 10:00 Walking Group (no afternoon activities due to holiday party) 1:00 Holiday Party #1 (please see newsletter article) 6:00 Hoarding Seminar (Please call to sign up)		12 9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointments 10:00 Crafts 10:00 Quilting Group 10:30 TRIAD Meeting 12:00 Pool Players 12:00 Poker 1:00 Beacon Hospice Week 3 of Program		13 Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:00 Photography Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist		14 9:15 Exercise 10:00 Special Van Ride to Walmart/Roche Bros. 10:00 Weight Loss Support 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker	
17 10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Trivia & Coffee		18 Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling 10:00 SHINE Ins. help 10:45 Computer 101B		19 9:15 Exercise 10:00 Crafts 10:00 Quilting Group (no afternoon activities due to holiday party) 12:45 Holiday Party #2 (please see newsletter article)		20 Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist		21 9:15 Exercise 10:00 Weight Loss Support 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointments 1:00 Women's Poker	

1:00 Bridge & Cribbage 3:00 Supper Club: Maria's/Quincy **AARP Meeting at DAV Hall	1:00 Beacon Hospice Week 4 of Program	No Wisdom Works Meeting This month resumes in January!	2:00 Braintree Dept. of Elder Affairs Board Meeting - Open to Public
24 10:00 Shopping Shuttle/Shaws 10:00 Scrabble 11:00 QiGong/Tai Chi No afternoon activities due to holiday... Merry Christmas!	25 HOLIDAY CHRISTMAS  SENIOR CENTER CLOSED	26 9:15 Exercise 10:00 Crafts 10:00 Quilting Group 12:00 Pool Players 12:00 Poker 12:00 Movie Day Movie: Big Miracle	27 Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:00 Photography Group 11:00 Book Club Meeting 12:00 Senior Luncheon \$6.00 tickets on sale at Senior Center! 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist 2:00 Assoc. Meeting
31 10:00 Shopping Shuttle/S&S 10:00 Scrabble 11:00 QiGong/Tai Chi No afternoon activities due to holiday...  Town Hall Senior "New Year's Gala" 12-4 p.m. - see info!			
28 9:15 Exercise 10:00 Weight Loss Support 10:30 Blood Pressure (free) by Home Instead 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker			*Please note special activities will have a write up in this newsletter about sign up requirements and any charges. *Please call to sign up for our special monthly parties & luncheon after the first of each month! *Please note there are \$\$ charges for our exercise programs and some special activities. *All other activities are \$.50/each to cover coffee/pastry etc.

S A D S F O R R E S E R V E D

From the Outreach Department.....

The winter weather is here, so batten down the hatches! The leaves are falling and covering the roads, lawns and walkways. Be careful when walking or driving on wet leaves as they are very slippery.

Now is the time to arrange for someone to clear your walkways and steps from snow and ice, so that you will be able to keep mobile and your mail person can safely deliver your mail in the bad weather. A pair of boots or shoes with a gripping tread is essential on slippery ground.

For safety's sake the Outreach office has some ice tips that you can attach to your cane to help your cane grip the ground better.

It is also a good idea to make sure that you have a service agreement that covers tune ups for your heating system, and for emergency repairs. It will be a cold winter, so be prepared!

Fuel assistance is available for those who qualify. Contact Quincy Community Action Programs, Inc. at 617 479-8181.

It is always a good idea to have some emergency supplies and food on hand for the cold and bad weather. Be sure to have a nonelectric can opener and extra batteries for flashlights. Extra water is essential.

A cell phone is very useful in an emergency. Make sure it is charged up before the bad weather hits. Make a plan to check on others and have them check on you on a regular basis.

If you sensibly plan ahead, you will weather the winter weather safely and wisely!



Holiday Parties at Senior Center.....

If you are planning on having a small Holiday Party for your individual activity group during the month of December please check with staff prior to the party date.

We love to see you have fun and encourage you to celebrate. But, we have to make sure that any activities coming in after you will have their time slot and room ready for them. If we need the room you are in, we can always move you to another space for your party!

So please.....check with us first and we can clear the calendar schedule for you.

You can bring in food as long as it is for your group only! Please clean up after your group party and you can only leave store purchased pastry on our coffee table if you do not want to take left-over's home!

Thank you & happy holidays to you & your family!

Apparently anything is cause for creating a scam.....

The Rhode Island (Senior Medicare Patrol) notified CMS this morning of a scam occurring in the wake of Hurricane Sandy. A caller purports to be from SSA tried to secure her husband's SS number: "or his social security benefits would stop." (The ploy was that SSA computers were damaged in the hurricane.) Thankfully the beneficiary hung up without giving out any information. This tactic may, obviously, occur here as well.

****Social Security and Medicare employees will never make an unsolicited call, for any reason, to ask for banking or credit card information, or for a Social Security or Medicare number!!!**

****Medicare cards do not cost anything—they are free. The Social Security Administration sends out a Medicare card when an individual first becomes eligible for Medicare. A new Medicare card may also be issued by Medicare officials due to a change in Part A or B eligibility, a legal name change, or a lost card.**

****Please be careful when giving out any personal information over phone or internet. When in doubt get name & number and check them out by calling Medicare or Social Security directly.**

****For helpful information on identifying and avoiding Medicare fraud, please visit www.StopMedicareFraud.gov**

If you suspect Medicare fraud, please call 1-800-MEDICARE (1-800-633-4227).

Braintree Dept. of Elder Affairs - Activity Survey



The Braintree Department of Elder Affairs Survey for Men

The Department of Elder Affairs is an active and vibrant part of the Braintree community. We work hard to welcome and serve the seniors of the town. At this time we are looking to gather information in an effort to promote the participation of **men** at our Center. To this end we have developed this short survey designed to explore the ideas and requests of our 60+ male population. We want to offer programming and services that will be appealing and encourage more men to connect with our Center. Please take a moment to fill out this survey and return it to us as soon as possible.

1. What is your age range? Please circle your answer.
60-70 years old 70-80 years old 80-90 years old 90-100 years old
2. Have you visited the Center? Please circle your answer.
Recently Currently Frequently Now and then Never
3. If you have not been to the Center yet, please tell us why.

4. What are your interests?

5. What programming would you like to see offered at the Center?

6. If we scheduled some of your activity suggestions, would they encourage you to attend the Center? Please circle your answer. Yes No Maybe

Your suggestions and comments are greatly appreciated. We want our Center to be your Center. Your completed survey can be mailed or dropped off to us. (Braintree Dept. of Elder Affairs, 71 Cleveland Avenue, Braintree, MA 02184). **Thank you for taking the time to complete this survey.**

Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores and some Medical Facilities. Call the Senior Center at (781) 848-1963 for a location near you and any information you may need. The Braintree Dept. of Elder Affairs *gratefully* accepts donations & thanks all who have donated to our great programs!
Thank you to Dalton Water/Braintree for their very generous donation of spring water each month at the Senior Center!

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184
781-848-1963

Place
Stamp
Here

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

For more information call (781) 848-1963, or visit our web site: www.braintreema.gov

Dear Friends,

5 Medication Mistakes Even Careful Family Caregivers Make

By Paula Spencer Scott, Caring.com Senior Editor

Here is #3 of the 5 common errors -- and how to avoid them:

Storing medications according to convenience:

Many adults have always stored their medications in the bathroom medicine cabinet -- why else would it have that name? And so their loved one's medications go in there, too. Unfortunately, the medicine cabinet is one of the most misnamed items in the house. The bathroom and kitchen are the most common places to store medications, but they're not the best. There are too many temperature changes, from hot to cold; and, in the bathroom, moisture is another problem. At the pharmacy, drugs are stored in sealed original containers. But at home, once the cap is opened, moisture, heat, and light can alter the contents.

A better way:

First read the packaging on prescription medications for storage instructions. If a drug is supposed to be stored in the refrigerator, there's a reason for this. If not, find a cool, dark place to store your loved one's medications (yours, too!). A cabinet in the bedroom is a good choice, because temperatures in the bedroom tend to be consistent. Use a cabinet out of sight if your loved one has dementia, as s/he may forget having taken a dose and try to take more at the wrong time. "Out of sight, out of mind" is good advice concerning dementia and drugs.

Best wishes for a Happy Hanukkah and Merry Christmas!
The Friends

